



Hello and welcome to *our March newsletter*

Welcome to the March edition of our newsletter! As the days grow longer and spring edges closer, we're excited to bring you the latest highlights to brighten your month.

We have our Giveaway winner and thrilled to announce our collaboration with Moth to a Flame. A brand renowned for crafting beautiful candles and room fragrances using quality essential oils.

We are busy prepping for our launch of our luxury 'Blind Book' boxes, watch this space! We have also put together a handy chart of your March garden jobs. Please let us know if this is helpful.

We also bring you our monthly book review for all you book lovers out there.

Giveaway WINNER

For those of you that follow us on social media, you will have seen that we ran a free giveaway to celebrate our new 'Blind Book' Boxes. We are thrilled to announce that the winner of the giveaway is Michelle Walton!!

Congratulations Michelle. We hope you enjoy your box of goodies. Our blind boxes will be available to purchase from our website very soon. Keep your eyes peeled for our launch day.



Crafting calm...

We are thrilled to announce our collaboration with Moth to a Flame. Their commitment to natural ingredients and elegant design perfectly aligns with our values, and we're excited to share their creations with you. Natalie & I both use the candles and room fragrance and would highly recommend which has led us to use their designs in our gift boxes. Stay tuned for more details on this partnership and how you can bring their scents into your home!



Home scents to lighten your mood...

The scent of a candle, diffuser or wax melt can really change the way you feel. Smells can have emotive effects and affect our senses, mood and evoke memories.

Using 100% essential oils with no fillers is recommended. The best oils to buy should have the Latin name of the plant on the bottle with the bottles being brown or blue to protect the quality of the oil.

Aromas can be good **mood transformers** and help with mental health, make you feel calm and relaxed, lift your mood, relieve anxiety, energise us and make us feel happy. Scent is a personal thing and what influences ones mood may have a considerably different effect for another.

It is said that **citrus oils** tend to be liked by everyone.

Aromas for mental health are said to be **lavender, ylang-ylang, neroli, geranium, rose patchouli** and **frankincense**.

Some scents can help with more than one issue but for calmness whilst you relax in the bath or before you sleep try **damask rose, neroli, sweet orange, clary sage or patchouli**. Whether it's the smell of pine trees, fresh cut grass, baking bread or wood fires everyone is different. Find the scent that pleases you and replicate it at home to lift your mood.



We love Amaranthus.....



The time has come for us gardening enthusiasts to start planning which seeds we are going to sow this year. The top of my list is always Amaranthus. I remember being at Horticultural college and seeing it for the first time, and thinking I NEED that!!

Here's the best part: growing Amaranthus turns you into a conversation starter. Neighbours, friends, and random passersby will stop to ask, "What is that?" You'll get to bask in the glory of their amazement while casually saying, "Oh, it's just Amaranthus.

No big deal." (It is a big deal.)

So there you have it. Growing Amaranthus isn't just gardening; it's a lifestyle. It's for anyone who's ever looked at their garden or patio pots and thought, "You know what this needs? More drama.

More flair. More... extra."

The main pull of Amaranthus for me is that it's easy to grow, it will bloom that same year, and tolerate most soil types. So just like us, Amaranthus is low maintenance (wink), easy to keep happy and looks absolutely fabulous!

Seeds, Weeds, and Pruning Needs...

This month, we have created a handy guide of Jobs you can get done in March for your annual and perennial plants:

Task	Annual Plants	Perennial Plants
Sowing Seeds	- Start sowing hardy annuals (e.g., marigolds, larkspur) indoors or under cover.	- Sow perennial seeds like echinacea or lupins indoors. But remember, these are unlikely to flower until next year.
Pruning and Tidying	- Remove any dead or damaged foliage from overwintered hardy annuals.	- Cut back dead foliage on herbaceous perennials to encourage new growth. You may already see green shoots on some.
Weeding and Mulching	- Clear weeds from beds where annuals will be planted later.	- Weed around perennials and add a fresh layer of mulch to retain moisture and suppress weeds.
Planting Out	- Harden off and plant out hardy annuals once frost risk is minimal.	- Plant new bare-root perennials or potted ones if the ground is workable.
Fertilising	- Add compost or a balanced fertiliser to prepare soil for upcoming plantings.	- Feed established perennials with a slow-release fertiliser or compost to boost growth.
Pest and Disease Check	- Inspect for aphids or fungal issues on seedlings and overwintered plants.	- Check for slugs, snails, and emerging pests on tender new perennial shoots.
Watering	- Water seedlings consistently but avoid waterlogging.	- Water newly planted or divided perennials to help them establish.
Deadheading	- Remove spent flowers on overwintered annuals to promote new flowers	- Trim any remaining faded flowers from winter-flowering perennials.

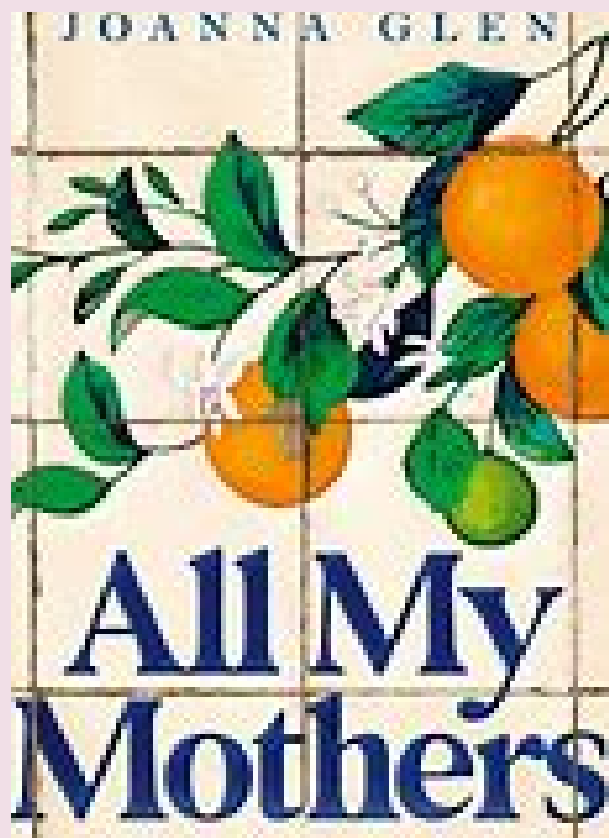
Our March read...

Imagine a book that's part memoir, part mystery, and part emotional rollercoaster, That's **All My Mothers** by Joanna Glen. This book made me laugh, cry, and question everything I thought I knew about motherhood!

The story follows Eva, a girl with a gift for spotting other people's mothers. Except Eva's own life is a bit of a mystery. Her mother is... well, not exactly winning any parenting awards.

The characters in this book can only be described as chaotic, but in a really lovely way. Eva's journey introduces us to a kaleidoscope of mothers—kind, cruel, quirky, and just plain confusing.

But the real star of the show is Eva herself. She's the perfect mix of relatable awkwardness and deep-seated yearning. Honestly, I'd follow her into any emotional mess because she approaches life with the kind of determination we all aspire to have when the Wi-Fi goes out.



All My Mothers isn't just a story; it's an exploration. An exploration of identity, of belonging, and of the often weird and wonderful ways we define family. Like Eva herself, the book wears its heart on its sleeve, and you can't help but be charmed by its earnestness.

If you find yourself in a reading slump, or fancy a change from your usual genre, All My Mothers is it. It'll leave you reflecting on your own relationships, crying into your tea, and laughing far too loudly at inappropriate moments. Five stars. Or, more appropriately, five wonderfully complicated mothers.

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